

Nation

Air Creebec Celebrates 20th Anniversary



\$2 Free in *Iyiyuuschii*

Serving *Iyiyuuschii* since 1993



Your Partner for Tourism in Eeyou Istchee

This June, we'll be visiting your community to introduce you to our organization and some of the programs we'll be launching in the next year. We want to know what you think about training, marketing, and all the other activities your tourism business needs to prosper and grow.

For details on the time and location of the orientation session in your community, call us at 1 888 268-COTA or send us an e-mail at robin@cota.ca. You can also call your local Tourism Officer or Economic Development Officer for more information.

Come find out how becoming a COTA member can help your tourism business grow!



KWANAH SIOUI MOAR

KING OF THE MOUNTAIN

Imagine going downhill at 100 km/h with no room for mistakes. Where one wrong turn could be the difference between winning and losing, or breaking an arm. It sounds crazy, but that's what Kwanah Sioui Moar does on a regular basis.

This year marks Moar's first year in Senior Elite mountain biking, after having graduated from junior expert last year. On the weekend of May 17-18, he entered into one of the most crucial races of his young career. Racing at a Canada Cup event in Bromont, Quebec, Sioui went up against some of the best racers in Canada.

He ended up finishing a solid fourth. This strong showing insured him a berth on the World cup stage at Mont Ste. Anne June 26-27.

Sioui was quite pleased with the outcome. "I'm happy with the result, I was looking for top ten to qualify for the world cup, and I finished fourth," he said.

Success comes pretty easily to this 19-year-old phenom. Early on in his career, winning became as easy as entering the race. The only time he didn't win was when he would experience mechanical problems, or when he moved up to race against older, stronger, and more experienced guys.

Eating right is essential in downhill mountain bike racing. Sioui suggests healthy food, including pasta, vegetables, and plenty of water. On the day of the race, he likes to drink sport drinks like Gatorade, or Powerade.

Throughout his career, Sioui has won 21 out of 36 races. A remarkable record in any sport, at any level.

As his success and popularity grows, so do

his sponsors. The cost of entering races, lodging, and food can reach as high as \$10,000 per year. Yeti bikes, Demers Sports, eastsidefreeride.com, and Spy optics are a few examples of companies who want their names associated with Sioui. These sponsorships translate into big bucks in the form of free equipment, free clothing, and most importantly, a free bike. There is also financial incentive for winning.

For the future, Sioui wants to focus on winning the Canadian championship again, this time on the Senior Elite level. He also wants to participate in the world cup, which sees the top racers compete from all over the globe. He finished a distant 36th in the only other World Cup event he raced in last year.

Those results will almost surely be different this year.

It takes an enormous amount of dedication to be a champion. He trains up to six times a week, for three hours a day. In the off-season his schedule consists of training three times a week.

When asked how long he wants to race for, he replied, "as long as I can. As long as I keep competitive, and as long as I have money to race."

He claims he doesn't really see himself as a role model, despite everyone telling him so. Modesty, it seems, is one of his attributes. He does hope that other native youth will see how hard he works, and the positive results that can come from that, and hopefully that somehow inspires them to push themselves to succeed.

Surely the positive example he is setting will inspire everyone, young and old to get out there and get active.

By Steve Bonspiel

the Nation

CONTENTS

NEWS

5 AirCreebec's 20th Metis paddlers

7 Chibougamau Fest Briefs

FEATURE

10 How much longer?

15 In the woods

17 Will On the Grill

UNDER THE NORTHERN SKY

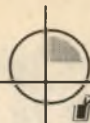
23 Sea of love

ON THE COVER

Eastmain
Photographer:
Danielle Valade
Cover Design:
Mona Violette

Rez

SONNY ORR

**notes**

UNAVAILABLE FOR NOW

SONNY ORR- STILL IN THE BUSH.....

Board of Directors Call for Nominations

The Aboriginal Healing Foundation is now accepting nominations to fill a Director's position on its Board of Directors.

Directors are chosen through broad-based canvassing of eligible and interested Aboriginal candidates from among representative groups, residential school survivors, organizations and communities. Directors establish overall policies and direction for the Foundation's programs and serve for a two-year term. Meetings are held approximately 4 times per year and last two to three days.

Anyone may nominate a Director.

To find out more about the nomination process and the Director's eligibility requirements, please contact:

Higgins International, Inc.

15 Zachary Drive
St. Andrews, Manitoba R1A 3B8

Tel.: (204) 257-9929

Fax: (204) 257-9707

or visit the Aboriginal Healing Foundation
Web site at: www.ahf.ca

Deadline for nominations: June 30, 2003

Our mission is to encourage and support Aboriginal people in building and reinforcing sustainable healing processes that address the legacy of physical and sexual abuse in the residential school system, including intergenerational impacts.

The Nation
is published every two weeks
by **Beesum Communications**
EDITORIAL BOARD
N. Diamond, W. Nicholls, L. Stewart

EDITOR IN CHIEF
Will Nicholls

IYIYU AYIMUUN EDITOR
Brian Webb

COPY EDITOR
Lyle Stewart

PHOTOGRAPHY
Neil Diamond

GRAPHIC DESIGNER
Mona Laviolette

DIRECTOR OF FINANCES
Linda Ludwick

SALES REPRESENTATIVES
Aaron MacDevitt
Christina Groom

LAYOUT & PRODUCTION
W. Nicholls

AD LAYOUT
Aaron MacDevitt

ADMINISTRATIVE ASSISTANTS
Jennifer Westlake
Danielle Valade

THANKS TO: Air Creebec

WHERE TO REACH US: POSTMASTER:

5505 ST-LAURENT, #3018
MONTREAL, QC., H2T 1S6

PLEASE ADDRESS CORRESPONDENCE TO:

THE NATION PRODUCTION OFFICE
5647 PARC AVE. P.O. BOX 48036
MONTREAL, CANADA H2V 4S8

EDITORIAL & ADS

TEL.: 514-272-3077, FAX: 514-278-9914

ADS- VAL D'OR-CHIBOUGAMAU REGION
TEL.: 514-285-8986

THE NATION HEAD OFFICE

P.O. BOX 151, CHISASIBI, QC. J0M 1E0

E-MAIL ADDRESS:

Editorial: nation@beesum.ca

Ads: sales@beesum-communications.com

Classifieds:

beesum@beesum-communications.com

Web: www.beesum-communications.com

SUBSCRIPTIONS

INDIVIDUALS & INSTITUTIONS: \$45

ABROAD: INDIVIDUALS: \$70 U.S.

ABROAD: INSTITUTIONS: \$85 U.S.

PAYABLE TO BEESUM COMMUNICATIONS

PRINTED BY WEBEX

ALL RIGHTS RESERVED

PUBLICATION MAIL #40055005

ISSN #1206-2642



THE NATION IS A MEMBER OF:

THE JAMES BAY CREE COMMUNICATIONS SOCIETY, CIRCLE OF
ABORIGINAL CONTROLLED PUBLISHERS, CANADIAN MAGAZINE
PUBLISHERS ASSN,
QUEBEC COMMUNITY NEWSPAPER ASSN,
CANADIAN COMMUNITY NEWSPAPERS' ASSN
LES HEBDOS SELECT DU QUEBEC

WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE
GOVERNMENT OF CANADA, THROUGH THE CANADA MAGAZINE
FUND, TO OUR MAILING AND EDITORIAL COSTS

Nation

AIR CREEBEC, ABOVE AND BEYOND

After a little more than 20 years, there's one airline you can count on when traveling to and from most Cree communities in Quebec, and Ontario. That airline is Air Creebec.

Air Creebec came from very humble beginnings. In 1979, the Cree Chiefs at the time decided that as a nation, they needed to get into the transportation industry, which was growing rapidly.

The only way to get around was by paying exorbitant fees to non-native airlines. Something had to be done, and by 1982, Air Creebec became a reality.

Launched in Collaboration with the Deluce family, which owned Austin Airways, Air Creebec was 51 per cent owned by the Cree. After only six years, the Cree gained full control of their airline, and in the process staked claim to having made the largest commercial deal by any native band in Canada.

Early on, the Chiefs were responsible with naming the representatives of the board. In later years and to this day, Creeco (Cree holding company) has become responsible for that particular duty.

Before Air Creebec, travel to and from the north would cost an arm and a leg, with people having to charter a flight if they wanted direct service to Montreal. Air Creebec was born out of necessity, says Air Creebec president Albert Diamond. "Back then, if you wanted to get to Montreal from Waskaganish, you'd have to fly from Waskaganish to Moosonee then to Timmins on to Toronto and finally end up in Montreal."

Today, Air Creebec is heavily involved in fund raising in Eeyou Istchee. Giveaways last year totaled \$112,000 in free tickets alone. There are also many other community activities which Air Creebec takes part in. They've been involved in everything from sponsoring hockey or broomball tournaments, to delivering toys in collaboration with the "toys for hope" program.

If there is something hap-



pening in the north and it needs sponsorship, chances are Air Creebec has been there with a helping hand.

Presently there are 185 people employed by the airline, 135 of which are full time. Cree representation stands at 74 full and part time. Diamond says those numbers could be higher, but "a lot of people don't want to leave the community."

An intriguing fact about Air Creebec is that it's owned by the people who fly its friendly sky's every day. Any Cree beneficiary is considered a shareholder in the company. In other words, it's run by the people, for the people.

In this day and age, after the September 11, 2001 tragedy, almost every major airline is teetering on the brink of bankruptcy. Not Air Creebec. Last year was a great year profit-wise, and this year is looking just as good. It was also a good year for consumers, with the board of directors choosing not to raise ticket prices.

One of the main reasons why the airline wasn't hit as hard as others is because their revenues are diversified. Roughly 35 per cent of their flights are either freight, cargo, or charter. Because of this, the company can rely more on guaranteed contracts, as opposed to individual bookings.

The Nation would like to congratulate Air Creebec on their first 20 years in operation.



Metis voyageurs canoe to Thunder Bay

The Hudson Bay Company had better watch out. Ten Metis are re-enacting their past as voyageurs for two months. They will go from Lachine, Quebec, to Fort William Historical Park in Thunder Bay, Ontario. They are using the same fur trading route that the Northwest Company used. It is a 2,000 kilometre journey to Fort William to commemorate the Great Rendezvous that the Northwest Company held each summer 200 years ago.

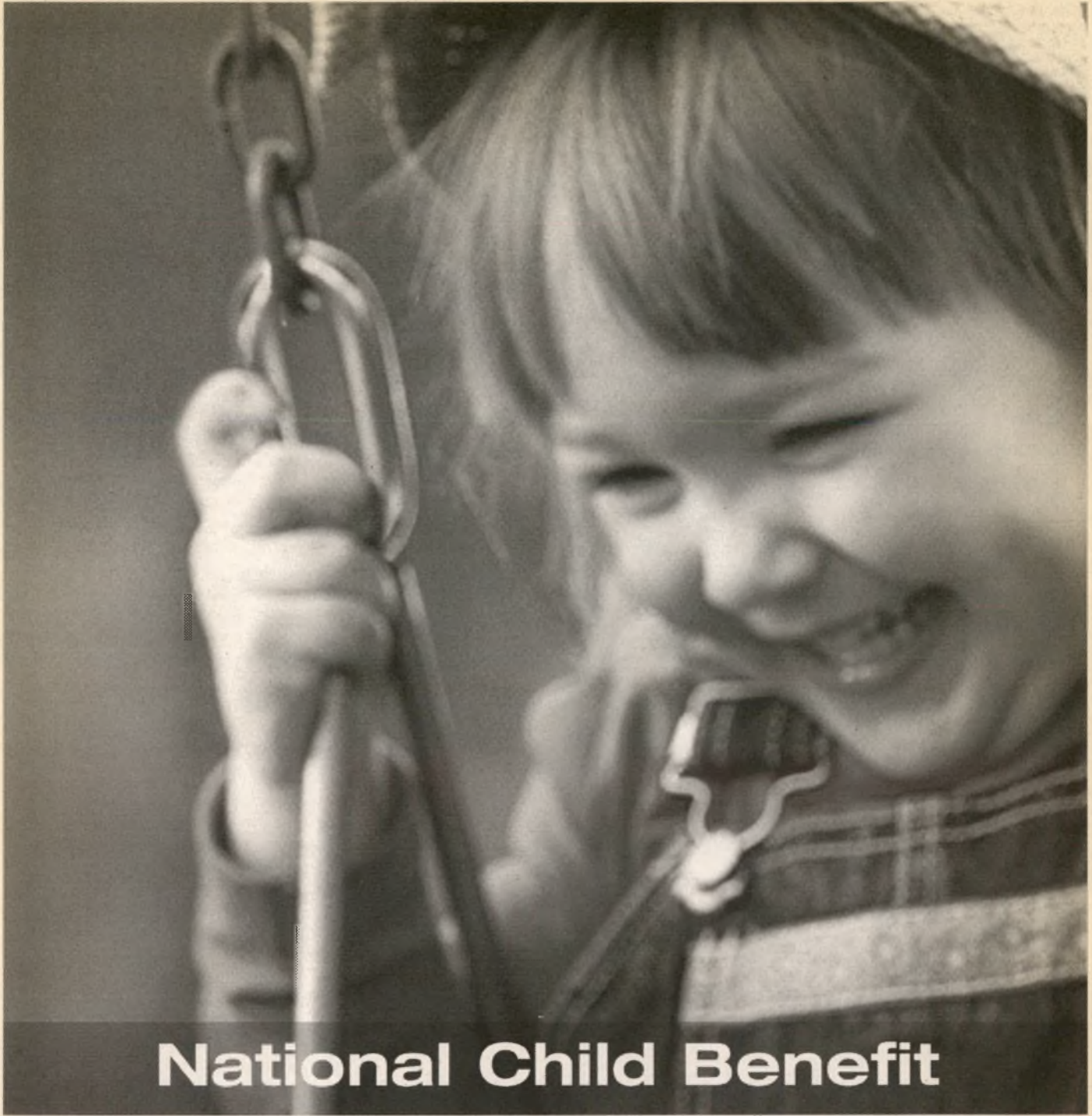
The goal of their journey is two-fold: to commemorate the 200th anniversary of Fort William's Great Rendezvous and to celebrate the 10th anniversary of the Metis Nation of Ontario. The modern day voyagers will draw attention to Metis culture, heritage and their contribution to the development of Canada during stops at selected communities along the way. The journey began at Lachine on May 19 and will end in Thunder Bay on July 12 in time for the Great Rendezvous festival happening July 11-13. MNO president, Tony Belcourt and other Metis leaders and elders were present for the launch.

The Metis will be dressing in standard period apparel including cotton shirts, corduroy trousers, wool sashes, and moccasins much like early voyageurs. They will be paddling a replica 26-foot birch bark canoe. It will be an easy pace compared to their early counterparts. The modern-day voyagers will only be paddling ten to twelve hours a day during their two-month trek. Upon arriving for the Great Rendezvous, they will spend the rest of the summer serving as historical interpreters at the Fort.

To prepare for the trip the people spent two weeks training at the Fort under the guidance of the Fort's Collections Officer, Shawn Patterson. Patterson is an expert in recreating the voyageur experience, having personally re-traced the canoe routes of Sir Alexander Mackenzie, during a similar initiative undertaken by the Outdoor Recreation Department at Lakehead University from 1989 to 1993.

The first Great Rendezvous was held at Fort William in 1803. The occasion served as an annual general meeting for the North West Company, gathering together over 1,000 fur traders and voyageurs at Fort William to plan business strategy and to facilitate the transshipment of tons of furs and trade goods.

This ambitious system enabled the Nor'Westers to challenge the Hudson's Bay Company for domination of the North American fur trade until the two companies merged in 1821.



National Child Benefit

For our children to be happy and healthy, they need many things. Some are free, but many are not. The National Child Benefit (NCB) gives financial support to low-income families. This helps parents work towards a brighter future for their children. And it also helps to reduce child poverty in Canada.

To find out more about all our services for children and their families and to receive your guide:

- ☎ 1 800 O-Canada (1 800 622-6232)
TTY: 1 800 465-7735
- 💻 canada.gc.ca
- 🏠 Service Canada Access Centres



Canada 



FESTIVITIES IN CHIBOUGAMAU

The fifth annual August festival will be held from July 31 to August 3 in Chibougamau. This prestigious festival is open to northern artists and amateur musical bands that perform in front of roughly 2,000 spectators a day for the four-day event.

Artisans and performers come from all over the north in places like Inukjuak, Kuujuaq, Lac Simon, Chisasibi, Ouje-Bougoumou, Mistissini, Waswanipi, Montreal, Chapais, and of course from Chibougamau.

There is a large representation of native people in this year's festival. About half of the 75 participants are aboriginal.

One of the highlights of the festival is the pyro-musical show. Special pyrotechnic effects explode onto Lake Gilman while accompanied by a musical interlude. This popular show attracts about 5,000 people, and is the official closing of the festival.

The bands that are participating in this year's event are a very eclectic mix. Quebecois rock, punk, country, and hard rock are just some of the genres of music one can expect to hear.

One of the most popular days of the festival is kids day. This entails a number of fun activities, including 10 inflatable structures for the kids to play on. Kids day is always a great success, and is a unique opportunity for children of all races to have fun and get to know other kids whom they might not get a chance to interact with in everyday life.

The main attraction is a show done by les Clowns du carousel. Suited for the whole family, this professional troupe promises good, clean fun for the whole family.

A focus of this event is to try to break down negative stereotypes. There are very few festivals that bring together natives and non-natives like the August festival.

Chantale Bouchard, the person responsible for recreation and leisure, knew that Chibougamau needed something like this. "I saw these festivals all over, and wondered why there wasn't a festival like that in Chibougamau," she said. "There was nothing in Northern Quebec like that." Bouchard credits her boss, Luc Mongeau with showing tremendous support for the project in the early going. "We decided to try it one summer, so I asked the Transport minister to close the road, and it was a huge success. It's a chance for the young people to perform on stage, in front of an audience, with professional equipment, because otherwise they might not get the opportunity to experience that."

"It was also a great chance to have a cultural event on display, which is another thing lacking in the north."

Additional sponsors are always welcome and are sorely needed to insure the festival's growth, year after year. Adding more artists and performers as well as expanding the festival from 4 to 5 days is something that Bouchard is striving for in the near future.

There is no entry fee for anyone wishing to perform or display their work. Financial aid is possible to help defray travel costs. There are limited spaces, so those wishing to be involved should contact Chantale Bouchard no later than the last week of June at the number below.

Chantale Bouchard

Adjointe, service des loisirs

Tel: 418-748-7195

Fax: 418-748-2980

by Steve Bonspiel

Veteran Affairs finally settles... sort of

After years of ignoring the contributions of Native veterans, Canada is finally about to settle up. It isn't nearly the same amount that non-Natives received in return for their tours of duty in Canada's wars.

A national round table convened in February 2002 said that First Nations veterans who served in the Second World and Korean wars should receive compensation payments of \$120,000 because of unfair treatment and denied benefits. The federal government though is issuing cheques of just \$20,000, far short of the recommendation.

The federal government said it is mailing out \$14 million and in doing so will settle 704 claims by Native veterans or their surviving relatives.

The Assembly of First Nations has always said that First Nations veterans fought to protect Canada and its interests and they were betrayed by the system.

New Alliance Provides Solutions for First Nation Indebtedness

A Nova Scotia native community is joining with a national accounting firm to offer much-needed financial management to other First Nations. The Mi'kmaq community of Membertou is on Cape Breton island and numbers 1000 people.

Their business alliance with Grant Thornton LLP took Membertou from a deficit of over \$1 million in the mid 1990's to a balanced budget today of \$44.5 million. They feel their efforts are a model for Native self-management, focusing on building internal financial capacity.

Grant Thornton LLP is a national firm of chartered accountants and management consultants with 100 offices across Canada and annual revenues of over \$300-million in 2002. Membertou is the first Aboriginal band to become ISO 9001:2000 compliant.



Air Creebec

Professional Service
Competitive Rates
Modern Aircrafts



Your travel choice

For reservations, charters or information, call toll-free: 1-800-567-6567
Or visit our website at: www.aircreebec.ca



Public Notice

Impact assessment and review of the Eastmain-1-A and Rupert diversion project

Public consultation - The Evaluating Committee, established under the James Bay and Northern Québec Agreement (JBNQA), and the Canadian Environmental Assessment Agency invite the public to examine the draft directives on the Eastmain-1-A and Rupert diversion project, to participate in public consultation sessions and to provide comments on subjects to be included in the final directives. The directives explain for the proponents, Hydro-Québec and its affiliate, the Société de l'énergie de la Baie James, the nature, scope and extent of the impact statement they have to prepare.

Consultation sessions will be held in the locations and on the dates indicated:

Mistissini, June 3
Waskaganish, June 4
Chibougamau, June 5
Nemaska, June 10
Chisasibi, June 11

In order to schedule the public consultation sessions more efficiently, we would like to be informed in advance if you are planning to make an oral presentation of your comments on the directives. To inform us, please dial (418) 521-3933, extension 7255.

The Eastmain-1-A and Rupert diversion project is subject to two impact assessment and review processes: the provincial environmental and social protection regime under the JBNQA and the *Canadian Environmental Assessment Act*.

The draft directives, as well as information related to the project and the impact assessment and review processes, are available at the following locations and Web sites:

Canadian Environmental Assessment Agency
200 Sacré-Coeur Blvd.
13th Floor, Fontaine Building
Hull, Quebec K1A 0H3
Telephone: (819) 994-2342
Web site: www.ceaa-acee.gc.ca

Canadian Environmental Assessment Agency
Quebec Regional Office
1141 route de l'Église
P.O. Box 9514
Ste-Foy, Quebec G1V 4B8
Telephone: (418) 649-6444

Ministère de l'Environnement
Direction des évaluations environnementales
675 René-Lévesque Blvd. East
6th Floor, Marie-Guyart Building
Québec, Quebec G1R 5V7
Telephone: (418) 521-3933
Web site: www.menv.gouv.qc.ca

Ministère de l'Environnement
Regional Office
Abitibi-Témiscamingue
180 Rivard Blvd., 1st Floor
Rouyn-Noranda, Quebec
Telephone: (819) 763-3333

Local Environmental Administrators:

Chisasibi - Telephone: (819) 855-2878
Eastmain - Telephone: (819) 977-0211
Mistissini - Telephone: (418) 923-3253
Nemaska - Telephone: (819) 673-2512
Oujé-Bougoumou - Telephone: (418) 745-3911
Waskaganish - Telephone: (819) 895-8650
Waswanipi - Telephone: (819) 753-2587
Wemindji - Telephone: (819) 978-0264
Whapmagoostui - Telephone: (819) 929-3384

Société de la faune et des parcs du Québec (FAPAQ):

Bureau de Chibougamau
951 Hamel Blvd.
Chibougamau, Quebec
Telephone: (418) 748-7701

Bureau de Matagami
18 Nottaway Street
Matagami, Quebec
Telephone: (819) 739-2111

Bureau de Radisson
2 Avenue des Grosseillers
Radisson, Quebec
Telephone: (819) 638-8305

Written comments from the public must be received by the COMEV Secretariat or by the Agency no later than July 8, 2003 at one of the following addresses:

Jean Crépault, Panel Manager
Canadian Environmental Assessment Agency
200 Sacré-Coeur Blvd.
13th Floor, Fontaine Building
Hull, Quebec K1A 0H3
Telephone: (819) 953-2989
E-mail: jean.crepault@ceaa-acee.gc.ca

Secrétariat du Comité d'évaluation (COMEV)
675 René-Lévesque Blvd. East
6th Floor, Marie-Guyart Building
Québec, Quebec G1R 5V7
Telephone: (418) 521-3933
E-mail: comev@menv.gouv.qc.ca

Additional information about the Eastmain-1-A and Rupert diversion project is available on the proponents' Web site: www.hydroquebec.com/eastmain1a/en.

How much longer?

COMMENTARY

By Roger Orr

How much longer are we going to take it? I know that the mines are closer to Ouje-Bougoumou than in Nemaska, but they are just as deadly to anyone who resides in the region or anywhere on this planet. I have just as much right to stand up and speak as the people in Ouje-Bougoumou do. The rivers are our Mother Earth's veins, which we all know. We heard it time and time again from those who truly understand and care. If you get bitten in the toe by a tiny poisonous spider, the poison will travel through one vein first, then through other veins, eventually reaching your brain and killing you. The mines are exactly like the poisonous spider. Where the water flows, the poison goes. Harming and killing what ever is in its path.

I've been following the Ouje-Bougoumou contamination issue for quite some time now and it just never ceases to amaze me that the government, some of our leaders and their consultants and others directly involved can work so hard at trying to prove that Christopher Covel's findings are wrong. I grow more and more suspicious as it grows. I don't trust the government and some of our leaders for even the slightest moment. They have been trying to make us believe that the elephant standing there is actually a mouse. The contamination is so obvious. Do they think we are actually going to believe them? Remember, even some of our own leaders are doing this to us otherwise they would have jumped to the truth and protected their own people immediately after Chris's findings and continue to protect even after the agreement in principle (AIP) was signed. The award-winning Maamuitaau documentary "Albert's fish - part 2: Will anyone listen" seemed to have made a few people jump soon after it was aired. The government and our leaders ignored Albert's question for the longest time until Chris discovered the toxins and until a CBC North journalist dug into the story. Even after Chris's toxic discovery and especially when the AIP was signed they didn't do much to protect the people in fact they actually stalled on the issue. For some reason though they jumped only after it became more public and aired on TV.

The government and again, also our leaders, are now telling us that Chris's findings are right but the toxins do not come from the mines themselves but originate naturally from further upriver or elsewhere. Give us a break!!! People have died of cancer!!! Fish are deformed!!! Life-giving water now all toxic!!! Kill zone's all over the place!!! Tailings, slurry and toxins dumped right into the lake!!! This is what I see, not a mouse!!!

Mercury? Mercury is not the issue here. The government is using mercury as a "red herring," as Chris puts it. They are trying to turn us from the very toxic arsenic, cyanide and heavy metals. For us Cree people, we're so used to talking about mercury because of the dams and reservoirs they figure that that's all we'll talk about and not the other toxins. The government wants us to talk about the mercury only because it is easier for them to prove to us that the mercury is coming naturally from other sources. We already know that lots of the mercury does come naturally from the environment. This is not news to us.



To me it sure seems like the AIP is more sensitive than the people and the environment. I can recall reading that someone in leadership stated that they have to be careful how they deal with the contamination issue because it's sensitive to the new agreement and that they did not want to alert the media because there was already too much politics. If this is true, then I state, sensitive-schmensitive, the people have cancer and so will our children. They can't even drink the life-giving water anymore!! Even on the agreement that was shown to us, only one page talked about mining. Just one page!!! During the consultations, the contamination issue was kept "hush, hush." Why are the governments, leaders, consultants and mining companies so slow to protect us from the deadly toxins, yet so fast to ram the 50-year AIP down our throats? Why?

From the time the AIP was announced to the time it was signed, it took only three months. It's been over two years since Christopher discovered the deadly toxins and yet there is still no major breakthrough for the Crees and the trees that are suffering from this. The mines and the AIP are going to devastate the land, our culture, the animals and the people forever. Land, Money, Power, Control and Vanadium is the reason and that's the bottom line.

Last spring a few of us with Chris, got to film and see first hand what the contamination has done to the environment. I saw the sediment ponds in the back of the mines and how poorly they are kept up to the safety standards. The sediment pond which is supposed to hold in the contamination has a pipe that drains out directly into the lake spewing out deadly arsenic and cyanide which it has been doing for the past 50 years or more. The sediment pond dams are made up of the very material (rocks, dust, slurry) that they pull out of the mines. The tailings and slurry were just dumped into the lake. The tailings contain arsenic, cyanide, and other heavy metals at levels that are not natural to the environment. All toxic!!! The mining companies have been doing this for the past 50 years. How far down river have the toxins traveled in those years? Those rivers eventually drain

out to Waskaganish through the Nottaway River then out to James Bay.

The tests show the proof of how high the toxic levels are. The toxins to this day are still being dumped and are still pouring into the lake and river systems. Some of the readings are so high that it scared the health out of me and even the person who tested the samples. In fact he said he had never before seen levels this high. Remember, this has been going on for more than 50 years and the readings I'm talking about come from one mine only. There are about 33 mines just in the Ouje-Bougoumou area. Thirty-three!!!

I saw photographs that were taken from the air before the mines were in place and photos taken in the mid 1970s and photos up to now and what I saw made me sick. I honestly wanted to vomit. Beautiful islands that used to be, were all joined together by mine tailings. Bays on the islands were no longer bays because they just dumped the mine tailings right into the lake joining point to point. Tons and tons of toxic waste dumped right into the lake. Trappers still tell the story of a greenish white substance that came down the Nemejiche River from the Joe Mann mine back in the 1960s that killed all the fish, leaving them floating belly up and left some beaver and muskrat dead or with no hair. The sediment pond broke and released all the toxins into the river and the toxins are still there. The aerial photographs reveal the proof of this. You can see that upriver from the mine the natural width of the river is about 100 feet and just below where the sediment pond dam broke the river narrows down to only 20 feet. Trees have not grown on each side of the river since, and if they have, they are deformed. The toxic slurry piled up on the edges of the river and has been there for the past 40 years. I was there; we dug through a meter of toxic slurry before we reached the original riverbed. One whole meter of toxic waste and this goes for miles down river.

I can go on telling you more horror stories of what I know and saw at those mines, but I suggest you go see for yourselves, and I'm sure you will understand, and maybe then your feet will ground themselves. I'm sure a lot of people in Ouje-Bougoumou are confused and don't know exactly who to believe. Chris and Joseph are saying that something's terribly wrong and the government, the leaders and the mining companies are saying no, no it's okay. And that if it's not okay, then they are not responsible. Chris and Joe have stuck to one point only and the leaders have been beating around the bush ever since. Why???

In the Maamuitaau documentation that was filmed about the mines called "Albert's Fish" part one, the governments and others actually deny that there is a problem with the mines and the fish, then later a chart comes up from the Quebec Ministry of Health telling people that they can eat only a few fish caught in the contaminated areas.

My opinion is the governments are putting personal interests before the lives of our children, our grandchildren and so on. If there is no clean up done who knows how much more damage it will cause. A couple of elders that I truly came to admire and love are directly affected by the mines and will again be by the new vanadium mine (Matthew Wapachee and his wife). They spoke of the animals, the deformed fish with sunken eyes and tumours, how the frogs have disappeared from the river systems, how they no longer drink the water in front of their cabin, and so on, and if we are true to our culture and traditions we will believe our elders who stand up for the land more than the people who are paid to protect the mines.

There is something else that really bothers me. The mines

have been spewing out toxins for the past half-century and in the meantime the people in Ouje-Bougoumou, especially the elders, continued to consume who knows how many toxic fish. Despite catching deformed fish, the people were still consuming the fish and drinking the water because they were not informed about the deadly toxins. Fish is one of our favorite foods, so much so that it is in our blood. It is our culture to catch and eat fish. This though is no longer for Matthew Wapachee and his wife and the others who reside in the area. Matthew told us that he now has to rely on others to provide fish for him, fish that are caught in areas not affected by the mines. His water also has to be fetched elsewhere as before they just used to scoop it up a couple of feet from their cabin. With all the further development that is to take place in our territory it won't be long before no one can practice this crucial part of our culture, which is to eat fresh fish and to drink pristine water.

Christopher Covel is an expert at what he does and is known worldwide for his true care for the environment. He has a fearless and honest heart and the reason for this is because the person who stands beside him is honesty and truth.

My dear friend Joseph Shecapio Blacksmith, who is the environmental officer for Ouje-Bougoumou, has been struggling so hard to do his job honestly especially since the AIP was brought on to us. Before he had the support of our leaders then all of a sudden during and after the AIP he is shunned by the very people who once supported him.

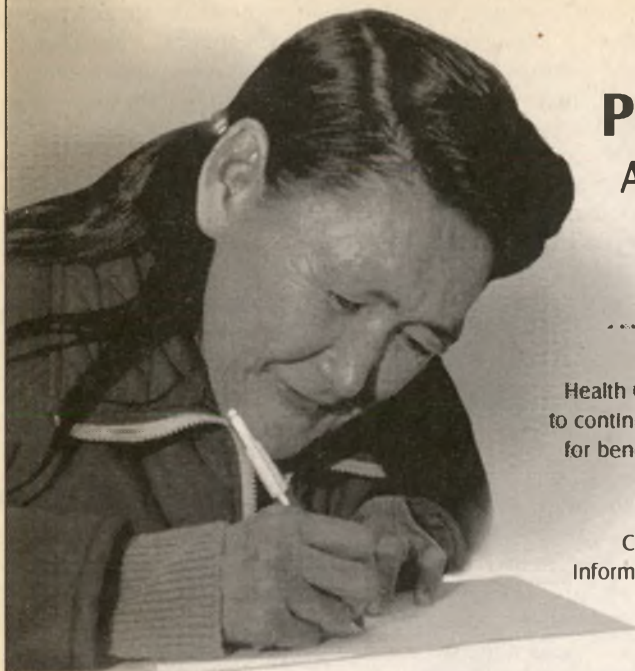
Joseph and Christopher and a few others seem to be standing alone on this issue. The government and our leaders seem to be standing on the other side, the one that protects the mines. Tell me, what's wrong with this picture?

I want Christopher to do the study because he has no involvement with land ownership, no involvement with the mines in anyway except to expose the truth; he is not involved with the agreement, so he is neutral. Also I trust him more because he sees that the elephant is actually an elephant and not a mouse. As for Joseph, keep up the honest work, for you are a true and honest man. You really live up to your job title as Environmental Officer and you really do care for the environment, animals, your people, and our children. Keep up the good work and don't back down. Remember when you stand with truth and honesty you will never lose.

As for myself, all you Cree readers may know me by now. I wrote something and handed it out at the bridge when we were standing up for what we believed in. NO AIP! When I look at the whole picture of not only the mines, I see a lot of dishonest people and it's sad to see it. This needs to stop. I for one may have my personal faults and may make mistakes and like every single one of us here. I am not perfect but with something as large as the contamination issue and peoples' lives at stake, I definitely know where I stand. I stand to be honest about it just like Joseph and Chris. The land, the animals, and the people are contaminated but the governments and our leaders seem to be putting self-interests first and that really disturbs me.

Something needs to be done and fast. More mines want to open up in our area and if nothing is done then the new mines will operate in the same life-threatening manner. I personally would love to have no future mining at all in any region because it is very destructive to the life-giving source; Mother Earth. Like our own mothers, she feeds us.

This letter may offend a few people. But a few offended people do not outweigh the truth, nor the people and animals who have died and who will continue to die in the future.



NON-INSURED HEALTH BENEFITS PROGRAM: A Message to First Nations and Inuit

By September 1, 2003, Health Canada needs your consent to continue to process your requests for benefits under the Non-Insured Health Benefits Program.

So don't wait, get a Consent Pamphlet, Form and Information Booklet today at most pharmacies or Native Friendship Centres.


For more information call 1-888-751-5011

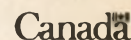
PROGRAMME DES SERVICES DE SANTÉ NON ASSURÉS: Messages aux Premières Nations et aux Inuits

Avant le 1^{er} septembre 2003, Santé Canada aura besoin de votre consentement afin de pouvoir traiter vos demandes de services avec le Programme des services de santé non assurés.

Ne tardez pas, la brochure sur le consentement, le formulaire et le livret d'information sont disponibles dans la plupart des pharmacies et aux centres d'amitié autochtone.

Renseignements : 1 888 751-5011

 Health Canada
Santé Canada

 Canada

Adventure Bound!



Biking for Excellence
We Repair all Brands of Bicycles



***Excellence
sports***
Le Spécialiste par excellence

Centre 2MRC

191, 3^e Rue Chibougamau Qc G8P 1N3
Tel: 418-748-8137 • Fax: 418-748-2434



Val-d'Or

Wachiya

Hunting - Fishing - Camping -
Sporting Goods - Automotive Parts & Repairs
Hardware & Houseware

C.O.D.'s Accepted

Phone or Fax in your orders

Toll free: 1-877-825-9998

Fax: 819-825-4616

Tel: 819-825-9999



Val-d'Or

Canadian Tire

1325, 3^e avenue Val d'Or J9P 1V4



Val-d'Or

On Mothers

It was mother's Day last issue and we wanted to print this but couldn't bring ourselves to do it... then. Once again Happy Mother's Day and this time with a laugh...

What my mother taught me... yep, I remember these well.

1. My mother taught me TO APPRECIATE A JOB WELL DONE . "If you're going to kill each other, do it outside. I just finished cleaning."
2. My mother taught me RELIGION. "You better pray that will come out of the carpet."
3. My mother taught me about TIME TRAVEL . "If you don't straighten up, I'm going to knock you into the middle of next week!"
4. My mother taught me LOGIC. "Because I said so, that's why."
5. My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me."
6. My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."
7. My mother taught me IRONY. "Keep crying, and I'll give you something to cry about."
8. My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper."
9. My mother taught me about CONTORTIONISM . "Will you look at that dirt on the back of your neck!"
10. My mother taught me about PATIENCE. "You'll sit there until all that spinach is gone."
11. My mother taught me about WEATHER. "This room of

yours looks as if a tornado went through it."

12. My mother taught me about HYPOCRISY. "If I told you once, I've told you a million times. Don't exaggerate!"

13. My mother taught me the CIRCLE OF LIFE. "I brought you into this world, and I can take you out."

14. My mother taught me about BEHAVIOR MODIFICATION . "Stop acting like your father!"

15. My mother taught me about ENVY. "There are millions of less fortunate children in this world who don't have wonderful parents like you do."

16. My mother taught me about ANTICIPATION. " Just wait until we get home."

17. My mother taught me about RECEIVING. "You are going to get it when you get home!"

18. My mother taught me MEDICAL SCIENCE. "If you don't stop crossing your eyes, They are going to freeze that way."

19. My mother taught me ESP . "Put your sweater on; don't you think I know when you are cold?"

20. My mother taught me HUMOR. "When that lawn mower cuts off your toes, don't come running to me."

21. My mother taught me HOW TO BECOME AN ADULT. "If you don't eat your vegetables, you'll never grow up."

22. My mother taught me GENETICS. "You're just like your father."

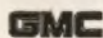
23. My mother taught me about my ROOTS. " Shut that door behind you. Do you think you were born in a barn?"

24. My mother taught me WISDOM. "When you get to be my age, you'll understand."

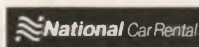
25. And my favorite : my mother taught me about JUSTICE. "One day you'll have kids, and I hope they turn out just like you!"



CHIBOUGAMAU
AUTOMOBILE



*"UNE ÉQUIPE D'ICI
POUR DES GENS D'ICI"*



Sales & Services Department

Tel: (418) 748-2634 Fax: (418) 748-4055

e-mail: chibougamau@gmcanada.com

www.chibougamau.gmcanada.com

859, 3ième Rue
Chibougamau Qc.
G8P 1R1



SRAS: le pire est derrière nous

Les professionnels et les spécialistes en contrôle des maladies arrivent tous à la même conclusion au sujet du SRAS: le pire est derrière nous. Pour remettre les choses en perspective, Santé Canada a cru bon de vous rappeler certains faits :

- Le nombre de personnes ayant recouvré la santé après avoir souffert du SRAS ne cesse d'augmenter.
- Le nombre total de personnes mises en quarantaine ne cesse de diminuer.

« Le Canada a mis en place toutes les mesures nécessaires, y compris un examen de dépistage sur les passagers en partance du Canada. »

Dr David Heymann, Directeur exécutif du groupe Maladies transmissibles, Organisation mondiale de la Santé, Conférence de presse de clôture, réunion internationale spéciale sur le SRAS (Toronto, le jeudi 1^{er} mai 2003)

« La communauté internationale reconnaît que le Canada a fait preuve d'un grand leadership. »

Dr Julie Gerberding, Directrice du Centre de contrôle et de prévention des maladies à Atlanta (Global News, 18 h 30, le vendredi 2 mai 2003)

« Nous estimons qu'il est sécuritaire de voyager à Toronto. »

Dr Paul Gully de Santé Canada (Toronto Star, le jeudi 24 avril 2003)

« Toronto est toujours une ville sécuritaire. Que ce soit pour les loisirs ou les affaires, les gens peuvent y voyager en toute quiétude. »

Dr Colin D'Cunha, commissaire de la Santé publique et médecin hygiéniste en chef (Toronto Star, le jeudi 24 avril 2003)

Grâce aux efforts incessants et au travail acharné de tous les travailleurs de la santé, la menace du SRAS a vite été sous contrôle partout au pays. Toronto demeure donc une ville sans danger pour ses habitants comme pour les visiteurs.

☎ Pour le gouvernement du Canada : 1 800 454-8302, ATS : 1 800 465-7735
🌐 www.canada.gc.ca

☎ Pour le gouvernement de l'Ontario : 1 888 668-4636, ATS : 1 800 387-5559
🌐 www.health.gov.on.ca



Santé
Canada

Health
Canada



Ontario

Canada

Grooming the forest

by tsa



Tawich Construction Inc. in conjunction with Marcy Slynord Inc. are now offering training programs in silviculture in the community of Wemindji. Through these programs, Crees will attain certification that will enable them to secure employment associated with the EM1 project. As one of the things standing in the way of securing contracts for EM1 is that lack of training and certification. One of the main objectives of the programs is to promote partnership agreements between the government, local school boards and local institutions.

Earl Danyluk of Tawich Construction, who saw that there was need and a strong interest in silviculture jobs, initiated the project. He approached the Wemindji Band Council and secured their support. He then invited representatives from Marcy Slynord Inc. who are considered experts in this field, to visit the community and discuss the possibility of forming a partnership in this endeavor. From there they developed the training program together. There are other similar programs offered in the south, but this program is designed specifically for the Crees.

"We are trying to get our people certified as forest workers, forestry technicians. What we are concentrating on is sustainable forestry, we're not logging for sawmills. We are just planting trees, regeneration of burnt forest and roads. In the course of the EM1 project, there is going to be a lot of work in that area: tree clearing and tree planting. Most of the work so far has gone to southern companies that are qualified to do that work. The Cree never had any involvement because of the lack of certification and training. Now we can have qualified workers."

One program has already finished, Chain Saw Training, and another one is slated to begin June 2, on Brush Cutting Operation and Maintenance. The other programs to be given include Replanting, Scarification Vehicle Operator, Supervision Training,

Professional Global Positioning System using for Forestry Workers and 2 Stroke Engines Mechanical Maintenance. For each finished program, participants receive certification with the CSST. Each module also gives credits to trainees who are willing to continue their studies to obtain a D.E.P. in silviculture. (Silviculture is more or less tree planting, cone picking, regeneration of young forests, clearing up of burnt out areas, and re-cultivating the soil in order to re-grow trees.)

The initial trial program saw only locals from Wemindji participate, however the programs are open to members of all 9 Cree communities of Northern Quebec. Those who come from outside Wemindji will be boarded at private homes for their initial training.

Another objective of the training program is to introduce participants to practical field works. To accomplish this, the construction of a forest camp is in the works. It will reflect the traditional architecture of the Cree, while at the same time being easily transportable, and adaptable to different kinds of work and contracts that they will undertake.

It is initially 200 hours of theory, practical and shop courses, during which time students receive a training allowance. A further 700 hours of actual work experience to become certified as workers. It uses Quebec Ministry of Education instructors and certification, which insures that those who receive the certification can obtain employment anywhere.

For more information, contact Earl Danyluk at 819-978-0264 ext 252, or Guy Fortin at 819-978-3555.



AIRPRO

**SPECIALIST IN CLEANING
OF VENTILATION SYSTEMS**

Services:

- Sand-blasting
- High Pressure Cleaning
- House Exteriors
- Residential & Commercial
- Unthawing of Pipes and Culverts

Serge Audet, owner
Eric Tremblay, owner
Gilles Tremblay, estimator

Telephone:
(418) 748-3904
(418) 748-6166

Fax:
(418) 748-7611
166, rue Jaculet
Chibougamau Qc
G8P 2G6



Canada has turned the corner on SARS.

Respected health professionals and specialists in disease control are all coming to the same conclusion: Canada has turned the corner on SARS. To put things in perspective, Health Canada believes it is important to remember the following points:

- The number of people who have recovered from SARS is going up.
- The total number of people in quarantine is going down.

“Canada has provided such enormous leadership to all of us in the global community.”

Dr. Julie Gerberding, Director of U.S. Centers for Disease Control in Atlanta – Global News 6:30 p.m., Friday, May 2, 2003

“Canada was doing everything right, including screening passengers as they left.”

Dr. David Heymann, World Health Organization, Executive Director of Communicable Diseases – Closing news conference, Special international meeting on SARS – Toronto, Thursday, May 1, 2003



“It’s safe to travel to Toronto.”



Dr. Paul Gully, Health Canada – Toronto Star, Thursday, April 24, 2003

“Toronto continues to be a safe place. Anyone who’s travelling to Toronto, either for business or pleasure, should be reassured that it is safe to do so.”

Dr. Colin D’Cunha, Commissioner of Public Health and Chief Medical Officer of Health – Toronto Star, Thursday, April 24, 2003

Thanks to the ceaseless efforts and hard work of health care workers, the threat of SARS is being dealt with across the country. As for Toronto, all the facts indicate that it is safe to work, live and travel there.

 **For Government of Canada:** 1 800 454-8302, TTY: 1 800 465-7735
 www.canada.gc.ca

 **For Government of Ontario:** 1 888 668-4636, TTY: 1 800 387-5559
 www.health.gov.on.ca



Health
Canada

Santé
Canada



Ontario

Canada

Will ON THE Grill

by Will Nicholls

The last Will on the Grill was long but I hope worth it for some, especially those who brought home more than one goose (like me). I won't get to try out as many recipes but hope you will. Since we are heading into summer I thought I would include a few light recipes, maybe get you to plan a herb garden and give you yet more home remedies. Enjoy.

Thai Fishcakes with sweet chili dipping sauce

serves 1 (makes 2 cakes)

for the fish cakes:

- 3 1/2oz skinless cod or haddock fillet
 - 1 spring onion, finely chopped
 - 1/4 red chilli, deseeded and finely chopped
 - 1/4 tsp finely chopped root ginger
 - 1 small clove garlic, peeled and crushed or finely chopped
 - 2 tsp lime juice
 - 1 tbsp chopped fresh coriander leaves
 - 1 tsp vegetable oil
- for the chilli sauce
- 1/2 tsp finely chopped root ginger
 - 1/2 mild red chilli, deseeded and finely chopped
 - 2 tsp soft brown sugar
 - 1/2 tsp light soy sauce
 - 1 tbsp dry sherry

for the salad garnish

- 1/2 small carrot, finely sliced into strips
- 2 spring onions, finely sliced into strips
- 3cm (1 1/4 inches) cucumber, finely sliced into strips
- lime wedges, to garnish

1. Put all the fish cake ingredients except the oil in a food processor and blend until smooth.
2. With wet hands divide the mixture in half and shape into 2 fish cakes. Put on a plate, cover and chill for at least 30 minutes.
3. Prepare the salad garnish.
4. Put all the sauce ingredients in a food processor and blend until smooth (or shake them up in a lidded jar).
5. Heat the oil in a shallow, non-stick frying pan and cook the fish cakes over a medium heat for about 3 minutes. Turn and cook for a further 3 minutes or until firm. Serve garnished with salad, lime wedges, and with the sauce on the side.

Spring Fruit Salad

- 1/2 papaya, cut into large dice
- 1/2 fresh pineapple, peeled and cut into large dice
- 2 kiwi fruit, peeled and cut into large dice
- 1 teaspoon minced, fresh ginger

- 2 tablespoons orange juice
- 1 teaspoon sugar (optional)

1. Mix the fruit in a bowl.
2. Crush the ginger into the orange juice.
3. Sprinkle the fruit with the orange juice.
4. Add sugar if needed.

Minty Lime Cooler

- 1/2 cup freshly squeezed lime juice
- 1/3 cup sugar (can substitute fruit sugar or honey)
- 1/2 cup packed mint leaves
- 1 12-ounce bottle sparkling water
- lime slices, for garnish
- mint sprigs, for garnish

1. Combine the lime juice, sugar and mint in a blender. Puree until smooth.
2. Fill 2 tall glasses half-full with ice cubes. Pour half of the lime juice concentrate in each. Top with sparkling water, garnish with lime and mint and serve.

Home remedies

I love this section. I try to make sure everything in this section works but with some stuff I have to rely on word of mouth. What I do like about it though is the money you can save using some tips. Yes, you don't need the latest and most expensive dish washer (non-human type) to get sparkling dishes or even the most expensive and latest version of dish soap just....

Add a little vinegar in your rinse water. It will cut down on water spots when dishes are drip dried... making your human dish washer happy.

To cut down on the germs on your dish rags or sponges (and counter tops), pour about 1 1/2 teaspoon of regular bleach in the dishwater. This also keeps the dish rag cleaner. Just make sure to rinse well in water.

The quickest way to heal an open cut, is to use honey in lieu of an ointment. This is not a cure all for open cuts but a way to do something if you can't see a doctor.

You can burn candles to take odor out of a sick persons room. It also cuts that cigarette smell down. Have gas and indigestion? Try taking activated charcoal capsules. 1-2 taken after a meal absorb intestinal gas very quickly! Or you can try chewing caraway seeds or mixing 3-4 drops of caraway extract in one cup of liquid.

Have insomnia? Try valerian root. It works wonders for inducing sleep. And it is completely natural!

Over do it working out? Essential oils offer astonishing relief. Especially oil of rosemary and juniper berry, both revive tired muscles and clear your head. And here you guys thought it was just for the women in a bath. I like it too.

Stains on clothing, carpet, furniture, etc.? Is it petroleum based? (lipstick, motor oil, tar, paint, etc.) Spray WD40 on the area and scrub with a clean cloth. It will remove the stain.

However, you must then take warm to hot water with Dawn liquid detergent and scrub the area again, as the WD40 will leave the area oily.

WD40 also removes adhesives and gum from all surfaces.

Ground cloves will relieve a toothache just as quick (if not better than) any store bought remedy?

Ginger (as in Ginger Snap cookies and Ginger Bread) will stop motion sickness?

con't on page 19

Public Notice

Ministère de l'Environnement

Notice concerning the granting of proposed biodiversity reserve and aquatic reserve status

Natural Heritage Conservation Act
(2002, c. 74)

Temporary protection status assigned to various territories as a proposed biodiversity reserve or aquatic reserve

Notice is hereby given, in keeping with section 29 of the Natural Heritage Conservation Act (2002, c. 74):

1° that, through the Ministerial Order of March 18, 2003, published in the *Gazette officielle du Québec* on April 9, 2003, the Minister of the Environment has assigned, for a period of four years as of the date on which this notice is published in the *Gazette officielle du Québec*, a temporary protection status to the seven (7) areas the name and location of which are mentioned in Appendix I, as a proposed biodiversity reserve;

2° that, through the Ministerial Order of March 18, 2003, published in the *Gazette officielle du Québec* of April 9, 2003, the Minister of the Environment has assigned, for a period of four years as of the date on which this notice is published in the *Gazette officielle du Québec*, a temporary protection status to the three (3) areas the name and location of which are mentioned in Appendix II, as a proposed aquatic reserve;

3° that a copy of the respective plans of those proposed biodiversity reserves and aquatic reserves can be obtained upon payment of a fee, by contacting Léopold Gaudreau by mail at Direction du patrimoine écologique et du développement durable, ministère de l'Environnement, 675, boulevard René-Lévesque Est, 4^e étage, boîte 21, Québec (Québec) G1R 5V7, by phone at (418) 521-3907, extension 4783, by fax at (418) 646-6169 or by e-mail at leopold.gaudreau@menv.gouv.qc.ca.

4° that the permanent protection status planned for those areas is respectively that of biodiversity reserve or aquatic reserve, as a continuation of the temporary status already granted, the allocation of such permanent status being regulated by the Natural Heritage Conservation Act.

MADELEINE PAULIN

Deputy Minister

APPENDIX I- Proposed biodiversity reserves

Proposed Pasteur lake biodiversity reserve

Location: The territory of this reserve is located in the Côte-Nord administrative region, between 50°09' and 50°27' latitude north and 66°50' and 67°06' longitude west.

Proposed Boatswain bay biodiversity reserve

Location: The territory of this reserve is located in the Nord-du-Québec administrative region, between 51°42' and 51°56' latitude north and 78°47' and 79°03' longitude west.

Proposed Ministikawatin peninsula biodiversity reserve

Location: The territory of this reserve is located in the Nord-du-Québec administrative region, between 51°09' and 51°40' latitude north and 78°59' and 79°31' longitude west.

Proposed Missisicabi plain biodiversity reserve

Location: The territory of this reserve is located in the Nord-du-Québec administrative region, between 50°28' and 50°44' latitude north and 78°29' and 79°54' longitude west.

Proposed Muskuuchii hills biodiversity reserve

Location: The territory of this reserve is located in the Nord-du-Québec administrative region, between 50°04' and 50°26' latitude north and 78°22' and 78°56' longitude west.

Proposed Vaudray and Joannès lakes biodiversity reserve

Location: The territory of this reserve is located in the Abitibi-Témiscamingue administrative region, between 48°01' and 48°13' latitude north and 78°36' and 78°45' longitude west.

Proposed Sabourin lake biodiversity reserve

Location: The territory of this reserve is located in the Abitibi-Témiscamingue administrative region, between 47°44' and 48°02' latitude north and 77°22' and 77°56' longitude west.

APPENDIX II- Proposed aquatic reserves

Proposed Ashuapmushuan river aquatic reserve

Location: The territory of this reserve is located in the Saguenay-Lac-Saint-Jean region, between 48°40' and 50°45' latitude north and 73°42' and 72°44' longitude west.

Proposed Moisie river aquatic reserve

Location: The territory of this reserve is located in the Côte-Nord administrative region, between 50°19' and 52°29' latitude north and 65°58' and 67°33' longitude west.

Proposed North Harricana river aquatic reserve

Location: The territory of this reserve is located in the Nord-du-Québec region, between 50°11' and 51°00' latitude north and 79°7' and 79°20' longitude west.

Québec 

Stay Physically Active - Join The 100 mile Club

Obesity and being overweight is becoming a major health problem among Cree children, youth and adults in Eeyou Istchee. The sedentary lifestyle and a lack of physical activity puts them at great risk for developing diabetes, and many other serious diseases at a very young age. This wave of weight problems has the Eeyou Istchee Public Health Department officials worried.

Studies conducted by the Eeyou Istchee Public Health Department have revealed some alarming statistics concerning the weight problem in the Cree Nation. In one study, conducted in three communities, the public health workers compared the weights of the 6 to 12 year old children in schools today with Cree children of the same age 50 years ago. They discovered that between 1930 and 1950, only 17% (1 out of every 6) of Cree children were considered overweight. Presently 48% of Cree children are overweight: 1 out of every 2 children are overweight! Of the overweight children, almost half were considered obese (very overweight).

In another study conducted in 1999-2000 during the diabetes screening in two Cree communities, the Public Health Department discovered that 43% of youth age 9-19 are overweight and 81% of adults age 19 years and older are overweight.

In order to promote weight loss and more physical activity, the Eeyou Istchee Public Health Department is initiating the 100 Mile Club. George L. Diamond, a health promotion officer, says, "We must encourage walking on a regular basis. We are challenging the Cree people in Eeyou Istchee to walk 100 miles in 100 days. The 100 Mile Club is a fun way for Eeyou to increase their physical activity this summer. Participants must

con't on page 20

Avis public

Ministère de l'Environnement

Avis concernant l'octroi de statuts de réserve de biodiversité projetée et de réserve aquatique projetée

Loi sur la conservation du patrimoine naturel
(2002, c. 74)

Statut provisoire de protection conféré à différents territoires à titre de réserve de biodiversité projetée et de réserve aquatique projetée

Avis est donné par les présentes, conformément à l'article 29 de la Loi sur la conservation du patrimoine naturel (2002, c. 74) :

1° que le ministre de l'Environnement, par un arrêté ministériel du 18 mars 2003, publié à la *Gazette officielle du Québec* le 9 avril 2003, a conféré pour une période de quatre ans, débutant à la date de la publication du présent avis à la *Gazette officielle du Québec*, un statut provisoire de protection aux sept (7) territoires, dont le nom et la localisation apparaissent à l'annexe I, à titre de réserve de biodiversité projetée;

2° que le ministre de l'Environnement, par un arrêté ministériel du 18 mars 2003 publié à la *Gazette officielle du Québec* le 9 avril 2003, a conféré pour une période de quatre ans, débutant à la date de la publication du présent avis à la *Gazette officielle du Québec*, un statut provisoire de protection aux trois (3) territoires, dont le nom et la localisation apparaissent à l'annexe II, à titre de réserve aquatique projetée;

3° qu'une copie du plan respectif de ces réserves de biodiversité et réserves aquatiques projetées peut être obtenue sur paiement des frais, en s'adressant à M. Léopold Gaudreau, Direction du patrimoine écologique et du développement durable, ministère de l'Environnement, 675, boulevard René-Lévesque Est, 4^e étage, boîte 21, Québec (Québec) G1R 5V7, au numéro de téléphone (418) 521-3907, poste 4783, par télécopieur au numéro (418) 646-6169 ou par courrier électronique à leopold.gaudreau@menv.gouv.qc.ca ;

4° que le statut permanent de protection envisagé pour ces territoires est respectivement celui de réserve de biodiversité ou de réserve aquatique, en continuité avec le statut provisoire déjà conféré, l'octroi d'un tel statut permanent étant régi par la Loi sur la conservation du patrimoine naturel.

La sous ministre,

MADELEINE PAULIN

ANNEXE I- Réserves de biodiversité projetées

Réserve de biodiversité projetée du lac Pasteur :

Localisation : Le territoire de cette réserve est situé dans la région administrative de la Côte-Nord, entre 50°09' et 50°27' de latitude nord et 66°50' et 67°06' de longitude ouest.

Réserve de biodiversité projetée de la baie de Boatswain

Localisation : Le territoire de cette réserve est situé dans la région administrative du Nord-du-Québec, entre 51°42' et 51°56' de latitude nord et 78°47' et 79°03' de longitude ouest.

Réserve de biodiversité projetée de la péninsule de Ministikawatin

Localisation : Le territoire de cette réserve est situé dans la région administrative du Nord-du-Québec, entre 51°09' et 51°40' de latitude nord et 78°59' et 79°31' de longitude ouest.

Réserve de biodiversité projetée de la plaine de la Missisicabi

Localisation : Le territoire de cette réserve est situé dans la région administrative du Nord-du-Québec, entre 50°28' et 50°44' de latitude nord et 78°29' et 79°54' de longitude ouest.

Réserve de biodiversité projetée des collines de Muskuchii

Localisation : Le territoire de cette réserve est situé dans la région administrative du Nord-du-Québec, entre 50°04' et 50°26' de latitude nord et 78°22' et 78°56' de longitude ouest.

Réserve de biodiversité projetée des lacs Vaudray et Joannès

Localisation : Le territoire de cette réserve est situé dans la région administrative de l'Abitibi-Témiscamingue entre 48°01' et 48°13' de latitude nord et 78°36' et 78°45' de longitude ouest.

Réserve de biodiversité projetée du lac Sabourin

Localisation : Le territoire de cette réserve est situé dans la région administrative de l'Abitibi-Témiscamingue entre 47°44' et 48°02' de latitude nord et 77°22' et 77°56' de longitude ouest.

ANNEXE II- Réserves aquatiques projetées

Réserve aquatique projetée de la rivière Ashuapmushuan

Localisation : Le territoire de cette réserve est situé dans la région du Saguenay-Lac-Saint-Jean, entre 48°40' et 50°45' de latitude nord et 73°42' et 72°44' de longitude ouest.

Réserve aquatique projetée de la rivière Moisie

Localisation : Le territoire de cette réserve est situé dans la région administrative de la Côte-Nord, entre 50°19' et 52°29' de latitude nord et 65°58' et 67°33' de longitude ouest.

Réserve aquatique projetée de la rivière Harricana Nord

Localisation : Le territoire de cette réserve est situé dans la région du Nord-du-Québec, entre 50°11' et 51°00' de latitude nord et 79°7' et 79°20' de longitude ouest.

Québec 

Con't from page 16

form teams of two or more people and register to win some prizes."

Dr. David Dannenbaum, a physician and a diabetes specialist with the Public Health Department says, "Walking is the best exercise the people can do anytime, anywhere and it is not expensive. You will burn just as many calories if you walk 100 miles just as if you run it. An increase in physical activity will improve physical health as well as emotional, mental and spiritual health."

The benefits of walking and participating in the 100 Mile Club's challenge will improve your health in many ways including the following:

- Prevention of diabetes
- Increases life expectancy
- Improves immunity to disease.
- Helps in weight loss and control
- Improves mental health and reduces stress
- Lower incidences of heart attacks, high blood pressure (hypertension), cancers of the colon and reproductive organs.
- Strengthen your bones, and reduce bone fractures produced by osteoporosis
- Improves overall physical fitness including cardio respiratory endurance, flexibility, muscular strength and endurance

To participate and register your team in the 100 Mile Club, please contact your local 100 Mile Club coordinator.

Let's encourage our STUDENTS!

The Nation wishes to make it easy for families who want to CONGRATULATE their children for their academic accomplishment. Send us your message and students photo! 1/4 pg for the low low price of 100\$ Details at 514-272-3077 (ask for Aaron)

Eeyou Istchee "100 Mile Club"

June 6 to September 14, 2003

Eeyou Istchee "100 Mile Club"

ᐱᐱᐱ ᐃᐱᐱ ᐃᐱᐱ
ᐱ ᐱᐱᐱᐱ ᐱᐱᐱ

Walking Is a Cree Tradition - Let's Do It!



Can you
and a friend
walk 100 miles
in 100 days?

Register your
team, and start
walking!



Call Solomon Awashish (514) 861 2352 local 28.

logo design courtesy: Tim Whiskeychan

Registration Form

Eeyou Istchee 100 Mile Club

Community: _____

Team Name (optional): _____

Team members: 1) _____ age _____

2) _____ age _____

3) _____ age _____

4) _____ age _____

5) _____ age _____

(optional) _____

(optional) _____

(optional) _____

Have fun
and
walk safe!



**For more information or to drop off registration forms,
please contact your local 100 Mile Club coordinator.**



***In Northern Québec, only one name
for all your vehicles needs!***

THIBAUT

Thibault Chev. Olds Ltée

Centre du camion
Thibault Truck Center

375, Rideau Blvd
Rouyn-Noranda
Qc, J9X 5Y7

Tel.: 819-762-1751
Fax: 819-762-7535



CHEVROLET

Oldsmobile



VOLVO

VOLVO

Budget

Location
THIBAUT
autos & camions

390, Rideau Blvd, Rouyn-Noranda, Qc, J9X 1P4
Tel: 819-797-0266 Toll Free 1-800-567-6534
Fax: 819-797-3997

Val D'Or 1-866-504-2823

Amos 819-727-1100

Timmins 1-888-511-7555



CHEVROLET

Oldsmobile

GMC

BUICK

PONTIAC

Cadillac

INTERSPORT
YVAN DU SPORT INC.

434, 3^e Rue Chibougamau, QC

Tel: (418) 748-4243

Fax: (418) 748-2243

New
Open Sunday
12 noon to 4 pm

**THE BIKE
SPECIALIST**

DEVINCI

GARY FISHER



NAKAMURA / NIJI

Sea of Love

Xavier Kataquapit

One night I sat down to watch a movie on CBC television called *Sea Of Love* that was made in 1989 starring Al Pacino and John Goodman. I was excited to watch the film with a couple of friends. After all, this was a movie that was special to me as I explained to my friends that this was the first movie I saw inside a real theatre. My friends were shocked to learn that my first experience in a real movie cinema was in 1989. To them movie cinemas had always existed and been a part of towns and cities in the south. However, for people like myself from remote First Nation communities, cinemas were part of the culture to the south.

As a young boy growing up in my remote home community of Attawapiskat my friends and I watched old films that were rebroadcast and rerun time and time again over local television airwaves. Most of the time these were movies that were several years old. Even though we watched these older films we were still excited to be able to sit around the living room to view a movie we had not seen before. A lot of time these films were action-packed violent films with more effects and car chases than any real story. It was with some envy that we watched characters in movies sit inside theatres or cinemas, with popcorn and pop in hand as they reclined in movie chairs in the dark to catch the latest Hollywood release.


As a young 13-year-old I was very happy when I had my first opportunity to see a recently released movie inside a theatre. I was living with a family in Timmins, as well as my older brother Mario who had experienced life in the south for several years while going to secondary school. Mario knew much about the city and acted as my guide during the first few months as I discovered the city. One of the first experiences he provided me was to take in a movie downtown. I had just started grade nine and everything was new to me. I had walked by the movie theatre a few times and wished I could slip in to catch a movie. Finally the day arrived and Mario and I visited the old Victory Theatre by the bus station in downtown Timmins. Two films were playing and we decided to buy tickets for *Sea Of Love*. I had heard Al


Pacino was a great actor many times before and was excited to be able to watch a film with him in it as well as being able to see a film during the first month of its release. Hey I was getting to see a movie that I had not already had to sit through several times.

Inside we each ordered large popcorn with lots of butter and of course our two cokes. We were the first to arrive in the dimly lit theatre. As I walked through the doors and entered the lobby I was trembling with anticipation. Here I was in a real cinema. I happily munched on my popcorn, reclined in my seat and watched as other movie consumers wandered in. Simply having popcorn was a new experience. Popcorn was available up north but it was considered a strange snack item that was seldom purchased. As the lights dimmed down, the sound system blasted out the feature presentation and I happily watched the film just like the characters I had seen in movies up north. It was real. Here I was in the dark staring up at a screen with larger than life actors and scenes, the sound raced around us and I happily munched on my popcorn and gulped the coke.


The experience was kind of surrealistic and I was so overwhelmed by it all that I didn't remember much about the characters or the story line. My whole experience seemed like a movie. The experience of watching a film on a large screen also seemed to take me to another world and I was mesmerized for the two hours inside the huge old cinema. When we left the theatre it was dark and it seemed strange to me that we had sort of disappeared from normal life for awhile, slipped out from the daylight into the luxurious and grand old theatre. As we walked out into the night, under the glow of the theatre sign I felt as though life had somehow changed for me. Things would never be the same.....I had been to the movies.

On my recent and second viewing of *Sea Of Love* in our living room that old feeling came back to me. A shiver went up my spine as the movie opened with a small record player playing that wonderful old tune *Sea Of Love*. The Victory Theatre is long gone but I will visit it forever in my mind when I hear that tune "come with me to the sea, thesea of love.....".





Fresh garden &
Caesar salads




Magnificent desserts

Succulent roasted
grain fed chicken

Pizza dishes &
tasty pastas

Delicious spare ribs &
baby back ribs



Breakfast

Hours:
 Sunday to Wednesday
 7am to 10pm,
 Thursday to Saturday
 7am to 11pm

**Les Restaurants
Le Coq Rôti**
 453, 3e Rue
 Chibougamau Qc
 G8P 1N6
 Tel: (418) 748-1144
 Fax: (418) 748-2644

**Seats
150**

May 30, 2003

the Nation

23

Never before seen!

0%/60 months

On all F-150 in inventory

Du jamais vu!

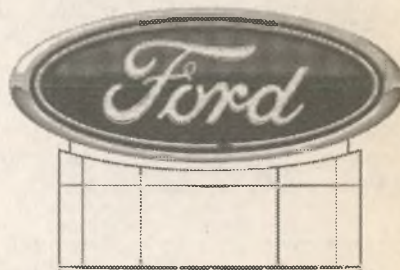
0%/60 mois

Sur tous les F-150 en inventaire



1 **BEAUDRY**
LAPORTE

Route 111 La Sarre J9Z 1R5
www.beaudrylapointe.com
mlangevin@beaudrylapointe.com



819-333-2266

A VAST CHOICE OF NEW AND USED VEHICLES



0%
financing



GMC



Optimum
VEHICULES D'OCCASION



AUBÉ
Pontiac Buick

50, 4ieme Avenue Val d'Or, Qc, J9P 1G1

Tel: (819) 825-6440

Fax: (819) 825-2441

Louis Aubin

Sales Representative for the Cree territories

Tel: (819) 825-6440 • Cell: (819) 856-8875

73, Rue Iberville, Radisson, Qc, J0Y 2X0

Tel: (819) 638-7292

Fax: (819) 638-7294

aubepontiac@gmcanada.com

www.aubepontiac.qc.ca

Public Notice

Société de développement de la Baie-James

Updating of the suppliers' file of the Société de développement de la Baie-James (SDBJ)

Within the framework of her process of call for tender on general invitation, the SDBJ invites the contractors, not registered on her suppliers' file and avid to be a part, to apply for certain auxiliary services.

SDBJ suppliers' file was established for the contracts of auxiliary services which the amount estimated is equal or superior to 50 000 \$, but lower than 500 000 \$.

These auxiliary services include the following specialities:

- Household maintenance;
- Building renovation;
- Snow and ice removal of roads and airports;
- Snow and ice removal of lands and parking lots;
- Mechanical bush clearing;
- Brushing of gravel/stone and abrasive's sifting;
- Road maintenance;
- Transportation of sodium chloride.

ONLY COMPANIES THAT HAVE A PLACE OF BUSINESS IN THE JAMES BAY TERRITORY AND THAT HAVE OBTAINED THEIR APPLICATION FORM DIRECTLY FROM THE SDBJ WILL BE CONSIDERED.

By business place, the SDBJ means: "Establishment where the supplier exercises his activities in a permanent way according to the nature of these, clearly identified with his name, accessible to the public during the normal hours of office, grouping together accredited representatives of the supplier and the permanent resources."

Companies interested to present their candidature can get the form at the following address:

110, boul. Matagami
P.O. Box 970
Matagami (Quebec) J0Y 2A0
Tél.: (819) 739-4717, ext. 264 or
mat@sdbj.gouv.qc.ca

The form is also available on the Internet site of the SDBJ at www.sdbj.gouv.qc.ca.


Interested companies should send their candidature by means of a form duly filled and signed in a (1) complete copy, by including a not refundable 50 \$ payment (including taxes) by registration, at the above mentioned address at the attention of Mrs. Chantal Brassard with the mention " Suppliers' file for auxiliary services ".

For additional information, please contact Mrs. Chantal Brassard by phone at (819) 739-4717, extension 264, or by fax at (819) 739-4329.

Candidatures can be dropped, any time, to the office of the SDBJ in Matagami.

The SDBJ has the right to accept or reject any application and to request complementary document after the said applications are received.

Réal Morrisette, C.M.A.
Administrative Manager

Québec 

CLASSIFIEDS

100 - BIRTHS

I would like to "Congratulate" Maggie & James Shecapio on the safe arrival of their bundle of Joy "Kerisha Faith" born on May 14, 2003 in Chibougamau. I wish you all the best. Way to go!!! Maggie. See you guys soon. From joo cousin in Nemaska

101 - BIRTHDAYS

Happy 18th birthday to our special son, Victor Brien on May 1. We were blessed to have you in our lives. So much has happened in these past few years, and we tried so many avenues during our difficult times but we now know that it was only God, and Him alone that pulled us back together. How faithful our God is. Never turn your back on God, son, because He has you in the palm of his hand. Never forget the prophecies that were bestowed on you because they will come to pass and in his

timing. Now that you are 18, never forget the good and bad that we had to endure and never forget that we will always be there for you - no matter what. Always hold your head up because our Saviour will return on that cloud and on a white horse (Rev. 19:11). We love you, keep on serving the Lord and keep chasing after the anointing! Love always: Mom & Dad.

Happy 22nd Birthday to a good friend of mine from Ouje-Bougoumou, Joshua Bosum, on May 22nd. Hope to see you soon, cuz I miss a cool guy like you. From Amberae W. Amberae W.

We would like to say a Happy belated Birthday to my sister Maggie Matoush from: Waswanipi, her birthday was on May 19th, 2003. And many more to come sister... Once Again "HAPPY BELATED BIRTHDAY SISTER".... XOXOXOXO From: your sister & brother-in-law smshashaweskum & eshashaweskum.

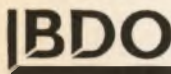
Aboriginal communities and businesses are faced with many challenges and opportunities.

BDO understands your needs and we want to work with you.

Call us today and let's discuss how we can help you succeed.

• Strategic Planning • IT Services • Accpac Solutions
• Financial Advisory Services • Audit and Accounting

514-931-0841 • 1-800-319-4933 • www.bdo.ca



BDO Dunwoody
Chartered Accountants and Consultants



BRASSETTE
LA MAISON DU STEAK

Louis Arsenault

466, 3e Rue
Place Le Chainon
Chibougamau
Québec
G8P 2X6

Tel: 418-748-3788



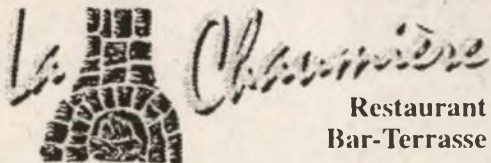
175, 3e Rue Chibougamau,
Qc G8P 1N3

Tel : 418-748-3777
Fax : 418-748-2348

Carol Lapointe,
Martin Blaquière, prop.

Vente Automobile
Carrosserie
Mécanique
Pose de pare-brise
Transport
Vente accessoires

Remorquage Soirs et Week-End
418-770-7915



**Restaurant
Bar-Terrasse**

- Pizza
- Cuisine Canadienne
- Mets Chinois
- Prix Spéciaux pour pensionnaire

Gaston Dufour, prop.
Bar: 748-7111
Pour réservation: Restaurant: 748-4818
Fax: 748-7330
571, 3e Rue, Chibougamau

Commission scolaire de la Baie-James

Pour des services professionnels adaptés à vos besoins !

For professional services adapted to your needs !

La Commission scolaire de la Baie-James est fière d'être partenaire de la Commission scolaire Crie et de participer à la formation des populations autochtones vivant sur le territoire nord-québécois.

The Commission scolaire de la Baie-James, is proud to be a Cree School Board's partner and participate at the education and training for the First Nations living in Northern Quebec.

Plusieurs formations ont déjà été dispensées :

- Sciage à Waswanipi;
- Tenue de livres à Chibougamau
- Boucherie à Mistissini
- Secourisme à Mistissini
- Conduite de camions à Chibougamau
- Mécanique automobile à Wemindji
- Mécanique de véhicules légers à Waskaganish
- Menuiserie-Charpenterie à Waswanipi

Several trainings have been dispensed :

- Sawing in Waswanipi
- Book-keeping in Chibougamau
- Butcher's shop in Mistissini
- First aid in Mistissini
- Truck driving in Chibougamau
- Automobile mechanics in Wemindji
- Light vehicles mechanics in Waskaganish
- Carpentry in Waswanipi

Contactez-nous ! Contact us !

(418) 748-7621, ext. 2227

Commission scolaire de la Baie-James

I.D. LOGIC
informatique

- installation, repair & maintenance
- software & equipment
- service contracts
- training
- rentals

For computers,
think I.D. Logic

Doris Lamothe, owner

Tel: (418) 748-4976 service@idlogic.com
Fax: (418) 748-6368 http://www.idlogic.com
558, 3e rue, Chibougamau, Qc., G8P 1N9



Because everyone has a story to tell...

Call us for a free brochure
1-888-797-0158

monuments.gibson@sympatico.ca

Val d'Or
1515, 3rd Av.
1-819-824-9182

Thunder Bay
607, Memorial Av.
1-807-345-0699



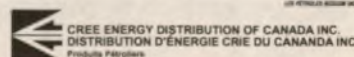
« Une nouvelle image,
le même engagement. »
« A new image,
the same commitment. »

Distributeur de produits pétroliers et de lubrifiants de qualité sur tout le territoire de la Baie-James

Distributor of fine Petroleum Products and lubricants all over the James Bay territory

1452, rue de la Québécoise
C.P.310
Val-d'Or (Québec) J9P 4P4

Tel: 819-824-5505 • Fax: 819-824-5420





Jean-Jacques Gauthier
Owner and sales
representant
Cell: 819-333-8181
Home: 819-333-2155

LSA

**La Sarre Auto
Dodge-Chrysler-Jeep**

Jean-Michel Gauthier
Owner and sales
representant
Cell: 819-333-0589
Home: 819-339-5322



E-mail : lasarre.auto@sympatico.ca
Web site : <http://ls.auto.qc.ca> 38, 8th avenue east, **La Sarre**, J9Z 1N6
Tel : 819-333-2277 Fax : 819-333-4908

**Since 1936...
Closer than Val d'or**

LSA is the **only authorized** Dodge-Chrysler-Jeep dealership to sell and deliver vehicles on your own community in the James Bay territories.

LSA is the only one dealership that offer you a **free room and board** (reservation needed) for their James Bay customers for maintenance and services.



7 YEARS WARRANTY OR 115 000 KM

FIERS DE **BÂTIR** ENSEMBLE

L'industrie de la construction du Québec

***The best way
to get into
the construction industry:
Professional training courses***



Commission
de la construction
du Québec

www.ccq.org